



7. Bödefelder Hollenlauf, 9. Bödefelder Hollenmarsch  
Bödefeld / 11.05.2013

Detailed evaluation

Jongejan, Marc

Club: AV Nop  
Number: 2411

Course: 21.00 km  
21 km Lauf

Category:  
Senioren M50

Total time: 2:19:36

Speed: 9.03 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 45 (of 63)

Rank in course/Men: 37 (of 47)

Best time in course: 1:32:40

Rank in category: 8(of 11)

Best time in the category: 1:52:45